

# What is the relationship between glycemic index or glycemic load and type 2 diabetes? (DGAC 2010)

## Conclusion

A moderate body of inconsistent evidence supports a relationship between high glycemic index and type 2 diabetes.

Strong, convincing evidence shows little association between glycemic load and type 2 diabetes.

## Grade: GI: Moderate; GL: Strong

Overall strength of the available supporting evidence: Strong; Moderate; Limited; Expert Opinion Only; Grade not assignable For additional information regarding how to interpret grades [click here](#).

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## Evidence Summaries

What is the evidence that supports this conclusion? For more information, click on the Evidence Summary link below.

 [What is the relationship between glycemic index or glycemic load and type 2 diabetes?](#)

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## Search Plan and Results

What were the search parameters and selection criteria used to identify literature to answer this question? For more information, click on the Search Plan and Results link below.

[What is the relationship between glycemic index or glycemic load and incidence of type 2 diabetes, cardiovascular disease and cancer?](#)